



TENnderCARE

✓ Check In ✓ Check Up ✓ Check Back

TENNESSEE'S EPSDT PROGRAM

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FALL 2007

Can We Talk?

News and Information for Teen and Young Adult TENnderCare Members

Welcome!

Welcome to the third quarter 2007 edition of **"Can We Talk?"** a quarterly newsletter on health tips for teens and young adults who are TLC members. **Here's to a happy, healthy life!**

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So, you're feeling great. No need to go to a doctor, right?

WRONG!

Consider a yearly TENnderCare checkup as a tune-up for your body to make sure you keep running in tip top shape. You take

your car in for a regular tune-up. You should do no less for your body! Like machines, our bodies need proper care to keep running.

Even if you think your body machine is doing great, you should still see your doctor or nurse for a checkup every

year. Your doctor or nurse, Primary Care Provider (PCP) knows you better than anyone. Your PCP is the main person you should go to for your care. That is your 'medical home'. However, you may choose to go to one of the public health department clinics for your TENnderCare exam. You might also be able to have your checkup at your own school, if the exam is offered there.

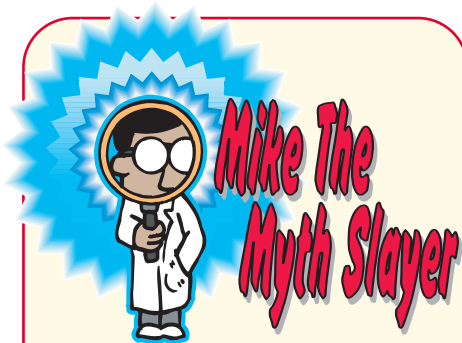
The good news is that the checkup is **FREE** if you are a TennCare member under the age of 21. When you call to schedule a checkup, make sure you say it is for a TENnderCARE or EPSDT well-care checkup. This lets the PCP know how much time to set for you. It also makes sure you get a complete exam.

Your PCP can help keep you healthy. He/she can find little problems and treat them before they become big problems. Going to the doctor may not be on anyone's "favorite things to do" list, but it is a lot better to get a checkup when you are well than wait until you have serious problems.



NEED HELP MAKING AN APPOINTMENT?

Call TLC Customer Service at **725-7100** in Memphis or Shelby County, or **800-473-6523** if you live outside Shelby County.



Myth: Mononucleosis or **mono** is a kissing disease.

Mike: Mono is a virus-caused illness that can be spread in a variety of ways. A person can spread mono even if they have never had mono. The best way to treat mono is to get plenty of rest.

KEEP ON TOP OF YOUR HEALTH: Get **FREE** Checkups Every Year

Do you think that you are too old to get a regular annual checkup? The answer is **"No."** Your body is changing, and a doctor's visit gives you the chance to ask questions about anything, including sex, peer pressure, and getting along with your family.

What to Expect at a TENNderCARE Checkup

Here's what happens at a TENNderCare checkup (sometimes called a well-care checkup or an EPSDT exam):

- Expect to answer questions about your family history and any health problems you may have. (Make a list of things you want to discuss with your doctor.)
- A nurse will give you a gown to change into.
- Your weight and height will be measured.
- You will be given a hearing and vision test.
- Your finger may be pricked for a blood sample.
- Or you may get a shot.

You Deserve It!

You deserve to live a healthy life. Preventive health goes a long way. Get active in basketball, dance, football, cheerleading, baseball, hiking, scouts, wrestling, swimming, or other sport activities.

Go to your PCP every year for a checkup! Remember, you should never be ashamed to seek medical help.

SPORTS PHYSICAL **Is Not The Same as Regular Physical**

If you like to play school sports, more than likely you had to get a sports physical.

But don't be fooled. This does not take the place of a regular checkup, also known as a TENNderCare checkup.

A sports physical is different from a TENNderCare checkup. The sports physical focuses on your well-being as it relates to playing a sport. It's more limited than a regular physical. Even if your sports physical exam doesn't reveal any problems, it's always a good idea to monitor yourself when you play sports. Report any changes in your condition, such as shortness of breath, to your coach or doctor.

During a regular physical, your doctor will address your overall well-being, which may include things that are unrelated to sports. You should get a TENNderCare checkup once a year, whether you play sports or not. **TENNderCare checkups are FREE to TennCare members through age 20.** The following things will be done at the visit:

- | | | |
|----------------------------|---------------------------------|---|
| ✓ Health history | ✓ Complete physical exam | ✓ Lab tests as needed |
| ✓ Shots as needed | ✓ Advice on how to keep healthy | ✓ Developmental/behavioral screening as appropriate |
| ✓ Vision/hearing screening | | |

You can ask your doctor to give you both types of exams during one visit. Just make sure you request both exams when you make your appointment so enough time will be allowed.



Tips to Ease The Fear of Shots

- **Distract yourself while you're waiting.** Bring along a book or game—something you'll get completely caught up in so you're not sitting in the waiting room thinking about the shot. Or listen to a relaxing CD.
- **Tell your doctor (or nurse) if you're nervous.** Medical professionals are used to people who fear shots, and they'll be able to help you relax.
- **Concentrate on taking slow, deep breaths.** Breathe all the way down into your belly. Deep breathing can help people relax—and focusing on something other than the shot can take your mind off it.
- **Relax your arm.** If you're tense — especially if you tense up the area where you're getting the shot—it can make it more painful.
- **Promise yourself a treat.** Give yourself a reward and some praise!

Source: www.kidshealth.org

SPARE A MOMENT OF PAIN FOR LIFETIME PROTECTION



If you don't like to get shots, you're not alone. But shots to protect you from serious diseases are important. Diseases like measles, mumps and whooping cough are making a comeback on school campuses because many teens are not up to date on their shots. Are you?

New immunizations may now be recommended that were not available when you were younger. The good news is you can still get a shot if you've missed it. And if you've missed some shots in a series of vaccines, you don't need to get the whole series again—you can simply pick up where you left off.

Doctors now recommend that all teens should have received a full course of shots against the following diseases:

- ❖ Diphtheria, tetanus, and pertussis (called the Tdap vaccine)
- ❖ Measles, mumps, rubella (the MMR vaccine)
- ❖ Hepatitis B
- ❖ Meningococcal infection
- ❖ Human papilloma virus (HPV) (for girls)
- ❖ Varicella (chickenpox) if you have not had the disease

Remember, shots are FREE if you are a TennCare member under the age of 21.

FREE RIDE AVAILABLE!

If you need a ride to the doctor's office for your **TENnderCare** checkup, TLC will see that you have a ride. It is free. **Just call 385-0025 if you live in Shelby County. If you live outside Shelby County, please call 888-385-4969.** To schedule a ride, call at least five days before your appointment. Also, please call if you need to cancel your ride.



Click in to New Teen Website

When should teens get a free checkup? The answer—every year from the age of 13 through age 20—is one of many answers you can find about health on a new web site just for teens!

Check out the site:

www.tennessee.gov/tenncare/tenndercare/teen/teen_index.htm

You'll find information on health, food and fitness tips, school violence, dating violence and many other topics.





Do you have a medical home? Your medical home is the first place you should go when you are sick or injured. This is usually referred to as your primary care provider or PCP. Your primary doctor should be able to take care of most of your medical needs. This includes preventive care and treatment for new medical problems.

If you do not have a medical home, it is important for you to find one before you get sick. When you become sick or injured, you will need and want to see a doctor who already knows your health history. Having regular checkups with the same doctor can help him or her find health problems and give you advice. **Your primary doctor can be a general internist, pediatrician or family practice doctor.** Women may choose a gynecologist to be their primary doctor.

Even if you think you need a specialist, your medical home should be your first call when you are sick. Your primary doctor should be able to take care of most of your medical needs. He or she can refer you to a specialist if your problem is rare or difficult to manage. You may also feel more at ease talking about your health with a doctor that knows you.

You should see your doctor at least once a year for a checkup, especially if you have existing health problems. If it has been more than a year since your last doctor visit, call and schedule a checkup. **Together, you and your doctor can work on a plan to improve your health and prevent disease. And that means a happier life ahead!**



Afraid of Doctors?

**Think you're indestructible?
Can't be harmed?**

Sure, that's what many advertisers, pop culture and peers have you think.

You may feel perfectly fine. But **you may actually be at a higher risk for health problems if you're a male between 15 and 19 years old.** Unfortunately, many teenage males think it is "unmanly" to see a doctor. If you're one of them, keep reading.

Based on a study of males 15 to 19 years old, most in the study thought health care is not an important part of being a man. However, more than half of those surveyed said they are sexually active. Also, about 20 percent answered "yes" to two or more of the activities below:

- ✗ Use alcohol
- ✗ Use cocaine
- ✗ Have forced someone else to have sex

- ✗ Smoke tobacco
- ✗ Have been diagnosed with a sexually transmitted infection

These risky behaviors make it more important than ever to get regular checkups. Even if you are not doing any of these activities, it is still important to get a checkup every year.

Step up to the plate.

- ✓ Call your doctor.
- ✓ Say you want to schedule a TENnderCare checkup. The checkup is free to TennCare members under age 21.
- ✓ Develop a positive and friendly relationship with your doctor.

Teenage males who have good health habits now can greatly reduce the risk of health problems throughout their lives.

ARE YOU DEPRESSED

Or Just Plain Sad?



"I feel so depressed!"

Have you ever found yourself saying or thinking that statement? Some people think depression is a very strong feeling of sadness. But, there is a difference between sadness and depression.

Sadness

Everyone is sad some of the time. It is a normal reaction to painful events.

Normal sadness should end when a person comes to terms with the troubles that caused him or her to feel sad.

If you have had strong feelings of sadness for a very long time, you might want to see if your sadness is linked to depression. It is most likely that you do NOT have depression if your sadness is caused by:

- The loss of a loved one (as long as symptoms do not last more than two months)
- Drugs, alcohol or medication
- A general medical condition

Allow yourself the right to be sad. When painful events happen, being sad and crying can give you relief. Denying your feelings can be bad for you if those feelings build up and do long-term damage.

Depression

A person who is depressed has no control over his or her feelings. Those feelings cannot be ignored and can be very disruptive. Depression can last for weeks, months or years. A depressed person usually feels helpless and hopeless. Since depression is not the same as sadness, the feeling of depression doesn't always go away on its own.

You may be suffering from depression if you have some or all the following symptoms, nearly every day.

- Depressed mood most of the day
- Loss of interest in most daily activities, most of the day
- Major weight changes or changes in appetite
- Change in sleep habits
- Loss of energy
- Feelings of worthlessness and guilt
- Difficulty thinking or concentrating
- Frequent thoughts of death or suicide, suicide attempt, or specific plan for committing suicide

If you think you might have depression, talk to your doctor. Simple tests can help determine if you need to be treated for depression. If you feel that you could harm yourself or someone else, seek medical help right away.



**Need help
finding
a dentist?**

**Call Doral Dental
Customer Service
at 1-888-233-5935.**

No one is treated in a different way because of race, color, religion, birthplace, language, sex, age, or disability.

Do you think you've been treated unfairly? Do you have more questions?

Do you need more help?

You can make a free call to the Family Assistance Service Center at 1-866-311-4287.

In Nashville, call 743-2000.

Interpretation and translation services are free to the member. For more information please call Customer Service at 725-7100 (Shelby County) or 800-473-6523 (outside of Shelby County).

Para pedir una información en español, por favor llame 725-7100, (condado Shelby) or 800-473-6523, (condado exterior de Shelby).

Do you need help? Is it because you have a health, mental health, learning problem, or a disability? OR, do you need help in another language? If so, you have a right to get help, and TLC can help you. Call TLC at 1-800-473-6523. If you have a hearing problem, you can call TennCare on a TTY/TDD machine. The TTY/TDD number is 1-866-771-7043.

Quotables, THOUGHTS

Self-Responsibility

"Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else."

~ **Les Brown**, *American speaker, author, trainer, motivator*

Contentment

"Until you make peace with who you are, you'll never be content with what you have."

~ **Doris Mortman**, *American novelist*

Work and Play

"Live and work, but do not forget to play—to have fun in life and really enjoy it."

~ **Eileen Caddy**, *Scottish inspirational author, spiritual teacher, co-founder Findhorn Community*

Health

"The first wealth is health."

~ **Ralph Waldo Emerson**, 1803–1882;
American poet, author, philosopher

"You don't have to put out somebody else's light, In order for yours to shine."

~ **Anonymous**



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